





## Wrapping the Tire Bar (Hockey Stick Grip Method)

**Introduction** How to use hockey tape to prevent injuries and improve grip on the tire bar.

### Procedure

Step	Action	Images
1	Start at the end of the tire bar that is designed to change motorcycle tires. Wrap the tape around 1 or 2 times.	
2	Pull the roll of tape so you have an 8-inch portion and twist the tape up into a small tight rope.	
3	Wind the tape rope around the tire bar with enough space for a gripping surface.	
4	Wrap the tape back up the tire bar, covering the tape rope.	

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